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3 THINGS YOU NEED TO KNOW

BIDEN SEEKS TO EASE TURKEY TENSIONS OVER COUP SUSPECT GULEN

Vice President Joe Biden sought on Wednesday to ease tensions with Turkey over its demands for the extradition of a cleric it blames for last month's failed coup, saying Washington was cooperating but needed evidence to meet U.S. legal standards. Speaking during a visit to Ankara, Biden's comments came hours after President Tayyip Erdogan said Washington had "no excuse" for keeping hold of Muslim cleric Fethullah Gulen, who has lived in U.S. exile since 1999. The extradition demand for Gulen and Turkish perceptions of an unsympathetic Western response to the coup attempt have chilled relations between the United States and Turkey, a NATO ally and partner in the U.S.-led war on Islamic State. REUTERS

TURKISH TANKS ROLL INTO SYRIA, PUSHING ISIS OUT OF KEY BORDER TOWN

2 Syrian rebels backed by Turkish special forces, tanks and warplanes entered one of Islamic State's last strongholds on the Turkish-Syrian border on Wednesday, in Turkey's first major U.S.-backed incursion into its southern neighbor. A column of at least nine Turkish tanks crossed into Syria with the group of largely Arab and Turkmen rebels to drive Islamic State out of Jarablus and surrounding villages. A Reuters reporter at the border witnessed intense bombardments, with palls of black smoke rising around the town. President Tayyip Erdogan said the operation was targeting both Islamic State and the Kurdish PYD party, whose gains in northern Syria have alarmed Turkey. Ankara views the PYD as an extension of Kurdish militants fighting an insurgency on its own soil, putting it at odds with Washington, which sees the group as an ally in the fight against Islamic State. REUTERS

HUNDREDS OF POKEMON GO FANS HIT THE STREETS OF TAIPEI

3 Hundreds of Pokemon Go enthusiasts caused a stampede in Taipei in a rush to 'catch' rare Pokemons. The streets in Beitou were packed with people playing the location-based game and hunting for the virtual monsters through their smartphones. Many rushed to the spot where the characters apparently appeared. "There is Snorlax, Gyarados ... Aerodactyl is a bit more common," said one player, naming the characters that caused the commotion. So-called Pokestops are often established in parks, causing many to gather there. "Very cool, I think I have strong ones [Pokemons]," said one young player who was satisfied with the night's outcome.
REUTERS

One year later, boy who received first hand transplant in Philly thrives

Zion Harvey, recipient of a brand-new pair of hands thanks to Philly surgeons, is thriving as he continues to learn how to use his new hands.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Zion swings a baseball bat and eats pizza. COURTESY OF CHOP

A year ago, he had no hands. But thanks to doctors in Philadelphia, a 9-year-old boy threw out the first pitch at a Baltimore Orioles game, and is continuing to learn how to use his hands received at Children's Hospital of Philadelphia one year ago.

Zion Harvey became the first child to receive a hand transplant in a historic operation at Children's Hospital of Philadelphia (CHOP) last summer. Doctors say he is thriving.

"Today, 9-year-old Zion Harvey can throw a baseball over home plate. He can write in his journal, prepare himself lunch and manage zippers on his clothes," CHOP announced on Wednesday in an update on Zion's progress.

Zion, of Baltimore, came to Philadelphia as an 8-year-old quadruple amputee. He lost both hands and feet due to an early-life severe sepsis infection that nearly took his life. He has prosthetic feet and had previously received a kidney transplant from his mother.

Ironically, the fact that his body had already successfully accepted an organ transplant made him the ideal candidate for the double hand transplant surgery, CHOP's team of surgeons said. A similar operation was successfully performed on an adult male in 2011, but Zion was the first child to ever undergo this surgery, technically known as a "vascularized composite allotransplant."

Still, learning to use the new hands isn't easy. Over the past year, Zion has spent up to eight hours a day in rehabilitation at a medical facility near his Baltimore home. Since he was missing his hands for six key years of childhood, Zion's brain must "relearn how to communicate" with the hands, CHOP said.

"He's gaining independence and that is the whole reason why we do this," said Dr. L. Scott Levin, director of hand transplantation at CHOP, in a statement.

He is now capable of using his new hands to perform basic tasks, such as getting dressed, swinging a bat or throwing a football, and picking up forks, pencils and a piece of pizza.

"After the transplant healed, it was very important for Zion to be in therapy full-time," said surgeon Benjamin Chang, co-director of CHOP hand transplants, in a statement. "This is when we can make the most progress in terms of getting his function to come back, helping the tendons to glide, the muscles to grow stronger, actually re-teaching his brain how to fire those muscles again, and then teaching him how to do things like writing."

"I'm still the same kid ... but I can do everything now."
Zion Harvey

While doctors expect to be tracking Zion's progress throughout his life, for now the boy said he is pleased to have hands again.

"I'm still the same kid everybody knew without hands," Zion said in a statement from CHOP. "But I can do everything now. I can do the same things even better."

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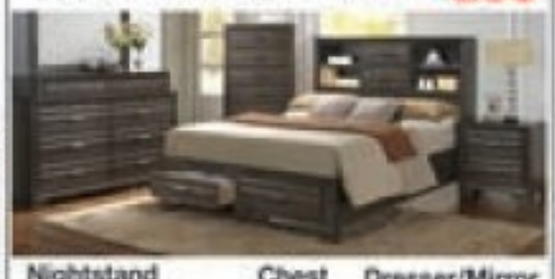

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Katie McGinty GETTY IMAGES

Gun control advocates endorse McGinty

Candidate Katie McGinty is looking to unseat Republican Sen. Pat Toomey.

ALEXIS SACHDEV
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alexis.sachdev@metro.us

In Pennsylvania's heated senatorial race, gun control is taking center stage.

CeaseFire Pennsylvania, an advocacy group working against gun violence, has endorsed Katie McGinty, Democratic candidate for Senate, who's looking to unseat Republican incumbent Sen. Pat Toomey.

"I am honored to have the support of CeaseFire Pennsylvania in this race," McGinty said in a conference call Wednesday. "This organization's advocacy and leadership have been critical in the urgent effort to pass common ground and common sense gun safety initiatives."

McGinty's backing comes on the heels of two high-profile gun-control endorsements for her opponent. Erica Smegielski, the daughter of a principal slain during the Sandy Hook Elementary massacre, and Gabrielle Giffords, a former U.S. representative who was shot in an attempted assassination in 2011, backed Toomey earlier this month, praising his actions in support of gun control after Sandy Hook. In 2013, Toomey crossed party lines to vote in favor of a bill that would help prevent felons, domestic abusers and the dangerously mentally ill from purchasing firearms at gun shows and from online retailers. That bill failed, but Toomey still supports it, and voted for it when it was reintroduced in 2015.

After CeaseFire Pennsylvania announced its support of McGinty, Toomey's office criticized the group for being "hyper-partisan."

"The gun safety organizations that are serious about achieving bipartisan results, such as those of Gabby Giffords and Michael Bloomberg, are supporting Pat Toomey," Ted Kwong, communications director for Toomey's re-election campaign said in an email. "It's a shame that [CeaseFire Pennsylvania] has become so hyper-partisan that it undermines the very goals it claims to believe in, because nothing will happen in Congress on this important issue without bipartisan support."

Meanwhile, McGinty's campaign has accused Toomey of backpedaling.

"Toomey has let others assume the mantle of leadership. Aside from an unsuccessful attempt to revive the bill in December 2015 following the San Bernardino shooting, Sen. Toomey has chosen to focus on other issues," McGinty's campaign said in a press release Tuesday, citing Toomey's support of the Constitutional Concealed Carry Reciprocity Act, which would force Pennsylvania to accept gun permits from more lenient states.

While Toomey and McGinty have both supported broad background checks for prospective firearm owners, the two differ in other areas of gun control:

On assault weapons, Toomey has rejected bans of "entire classes of commonly owned firearms," he wrote in an op-ed the Philadelphia Inquirer.

"Such bans do not target criminals or terrorists. They sweep in millions of law-abiding Americans and prevent them from exercising their constitutional rights," the senator wrote. Toomey is also against bans on large ammunition clips.

McGinty hit her opponent over both issues in an ad released earlier this month. She supports bans on assault-weapon ownership and high-capacity magazines.

Pennsylvania voters generally support background checks on all gun purchases, an issue that has crossed party lines. According to Public Policy Polling, 87 percent of voters support the checks. PPP also polled 58 percent of voters supporting a nationwide ban on the sale of assault weapons.

In the same survey, conducted from July 29-31 of about 1,500 likely voters, 42 percent disapproved of Toomey's job performance, with 32 percent approving and 27 percent saying they're not sure. McGinty had similarly split results: 25 percent favorable opinion, 37 percent unfavorable, 38 percent unsure.

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THE BARE AGENDA

RANDY LOBOSSO

OPINION

Randy LoBosso is the communications manager at the Bicycle Coalition of Greater Philadelphia. @RandyLoBosso

Ron Ashworth thinks too much is made of the naked human body.

"I enjoy the open comfort, the relaxed attitudes [of being naked in public]," says the South Philadelphia cyclist, recalling his first nude beach trip in the mid-'80s, and his brief tenure as a male exotic dancer around the same time. "The Philadelphia Naked Bike Ride is just another venue for that openness and liberation."

Ashworth, 59, is a volunteer at this year's Philadelphia Naked Bike Ride, an event that locally brings together around 3,000-5,000 cyclists each year to ride as "bare as you dare."

But why do Philadelphians come out, year after year, for something regularly deemed a freak show by media and emotional internet trolls?

"People don't get why we do this," says 33-year-old ride organizer and Fishtown resident Maria Lily. "They don't get the purposes of desexualization of nudity, or the cycling advocacy for our safety, and how a couple thousand naked cyclists might call attention and make people slow down or maybe even stop."

Yeah, the Naked Bike Ride (and the World Naked Bike Ride, taking place in more than 120 cities around the world each year) is about much more than the surprised looks on peoples' faces when the sea of flesh glides by on a late Saturday afternoon; it's about positive body image, safe cycling advocacy and, really, whatever cause the rider deems worthy.

That said, the confused looks, and worse, persist. Lily notes that a former female co-worker once told her that if she simply saw the Naked Bike Ride going by, she'd steer her car into the crowd.

"They don't get that Philly has a growing cycling community," she says. "And if people cared to treat us in a safer manner, that more people would be willing to bike around instead of driving."

As irrational as some people might find nude bike riding, the Naked Bike Ride attempts to reverse that thinking and show how irrational city driving can be.

Philadelphia has been named one of the most walkable and bikeable cities in the United States numerous times, yet people still use their car to drive to the local corner store, helping to kill the environment and clog up the streets. It's a wasted opportunity to get in some old fashioned exercise — and you don't need to get dressed up for it, either.

"I love anything that shows that you don't need flashy gear or elaborate clothing to enjoy cycling," says Alexandria Schneider, 29, of Horsham, Pennsylvania. "If people see that they can bike wearing whatever you feel comfortable in, it may help them get out there."

But due to a lack of political will and an apparent fear of change from some residents, Philly has been slower than some other cities in installing 21st-century bicycle infrastructure.

So empowerment, both political and personal, is a large reason people join the Philadelphia Naked Bike Ride.

"I think it's helpful that we embrace our bodies without the constant sexualization," says Sarah Goreiki, 30, of West Philadelphia. "I'm concerned as a woman with how I am objectified and I think the ride helps to place my body off of a pedestal and into the rest of humanity."

So, there are a lot of reasons for being naked, says Ashworth, the volunteer from South Philly, and "isn't that what the ride is all about? Be comfortable in your own skin, don't worry about what the person next to you is wearing; [worry about] are they interesting as a person. Because we are all beautiful, in our own special way."

The Philadelphia Naked Bike Ride is Sept. 10, 2016, at 5 p.m. The starting location is still to be determined.

Some of the more modest riders. FILE PHOTO

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CITY DESERVES TO KNOW ABOUT THE FBI RAID ON BOBBY HENON

"No comment."

That's basically what I was told when I called City Council Majority Leader Bobby Henon representatives and asked about the FBI's Aug. 5 raid of his office.

The raid on Henon's office happened the same day the feds descended on the home of John "Johnny Doc" Dougherty and the headquarters of his Local 98 union.

It's important to note that Henon and Dougherty have had close ties through Local 98 long before the councilman was elected in 2012. According to published reports, another important thing to note is that Henon is still on the union's payroll as an adviser.

In other words, the friends who worked together — and still get paid together — were raided by the FBI together. This should concern any taxpayer in this city.

I can vent all day about the low-hanging fruit of controversy that is Philly District Attorney Seth Williams, but that is too easy.

What's been difficult to figure out is why we haven't heard more about the raid on Henon's office in the media. Philadelphia magazine has run a few stories about attempting to follow up with him — but other major outlets really haven't touched it. Maybe partly because he refused to publicly address the incident.

No one knows exactly what the feds were looking for and why; what was seized and who was questioned. In comparison, Mayor Jim Kenney didn't waste time publicly announcing that the FBI didn't question his staff or search his office despite his own relationship with Johnny Doc.

Talk about differences in transparency.

There has been much speculation about the lack of fuss in the press about Henon. Someone on my Facebook timeline referred to this avoidance of addressing Johnny Doc's scandals as "Doc power" — suggesting the labor boss has a lock on the media when his problems publicly erupt. Well, consider my column a Kryptonite to this mythical (or not) influence.

Bobby Henon CREATIVE COMMONS/TOMHOLROYD12

But in all seriousness, what does it mean for Philly politics when a powerful City Councilman is raided by the feds and his constituents don't get any answers from him? Are we supposed to turn and look the other way? Do we just pretend it's no big deal, even though we don't know the facts?

That's not how accountability works. Councilman Bobby Henon owes taxpayers an explanation — not an excuse or avoidance of the issue altogether.

If we can badger DA Williams and former Mayor Michael Nutter this week on speculations of them making unethical decisions, we surely can subject Henon to the same level of scrutiny.

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Gunmen attack American University in Kabul, students flee

Foreign staff and dozens of pupils were trapped in the compound hours after the attack.

Suspected militants stormed the Kabul campus of the American University of Afghanistan on Wednesday with some students jumping from second-floor windows to escape the gunfire and explosions, witnesses and officials said.

News of casualties was sketchy, but the head of hospitals in the Afghan capital said at least one person had been killed and 14 students wounded in the assault.

"Many students jumped from the second floor, some broke their legs and some hurt their head trying to escape," Abdullah Fahimi, a student who escaped, told Reuters. He injured his ankle making the leap.

"We were in the class when we heard a loud explosion followed by gunfire. It was very close. Some students were crying, others were screaming."

A senior interior ministry official said that elite Afghan forces had surrounded the university and witnesses at the scene said special forces had entered the walled compound where gunfire that had lasted for more than an hour had since stopped.

"There are two gunmen hiding inside the building and a clearing operation is ongoing to eliminate them," interior ministry spokesman, Sediq Sediqqi, said.

Ahmad Mukhtar, another student who fled the scene, said the gunmen had got into the university buildings despite security measures including three or four armed guards and watchtowers.

Afghan security personnel stand guard near the site of explosion that targeted the elite American University of Afghanistan in Kabul. GETTY IMAGES

He added that he believed the attack had started at the main gate into the compound.

"I finished my class and was about to leave when I heard a few gunshots and a huge explosion, followed by more gunfire," he said. "I ran toward the emergency exit with other students, climbed the wall and jumped outside."

Kabul police chief, Abdul Rahman Rahimi, told Reuters that the attack began with a car bomb and several attackers had entered the campus.

Islamist militant groups, mainly the Afghan Taliban and a local offshoot of Islamic State, have claimed a string of recent atrocities aimed at destabilizing the country and toppling the Western-backed government of President Ashraf Ghani.

No one has claimed responsibility for the university attack.

It is the second time this month that the university or its staff have been targeted.

Two teachers, an American and an Australian, remain missing after being abducted at gunpoint from a road nearby on Aug. 7.

Taliban insurgents control large swathes of Afghanistan, and local armed forces are struggling to contain them, especially in the provinces of Helmand to the south and Kunduz to the north.

NATO ended its combat mission in December 2014, but thousands of troops remain to train and assist Afghan forces, while several thousand more U.S. soldiers are engaged in a separate mission focusing on al Qaeda and Islamic State. REUTERS

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Death toll rises as quake flattens towns in Italy

The 6.2-magnitude quake razed homes and buckled roads in a cluster of mountain communities 85 miles east of Rome. It was powerful enough to be felt in Bologna to the north and Naples to the south.

Rescue teams were working through the night to try to find survivors under the rubble that remained of central Italian towns flattened by an earthquake that hit in the early hours of Wednesday, killing at least 159 people.

One hotel that collapsed in the small town of Amatrice probably had about 70 guests, and only seven bodies had so far been recovered, said the mayor of the town that was one of the worst hit by the quake.

"Tonight will be our first nightmare night," said Alessandro Gabrielli, one of hundreds preparing to sleep in tents erected by rescue workers in fields and parking lots, each one housing 12 people whose homes had been destroyed.

Rescuers working with emergency lighting in the darkness saved a 10-year-old girl, pulling her out of the rubble alive, where she had lain for some 17 hours in the hamlet of Pescara del Tronto.

Many other children were not so lucky. In the nearby village of Accumoli, a family of four, including two boys aged 8 months and 9 years, were buried when their house imploded.

As rescue workers carried away the body of the infant, carefully covered by a small blanket, the children's grandmother blamed God: "He took them all at once," she wailed.

> *"Last night, I woke up with a sound that sounded like a bomb."*
>
> Alessandro Gabrielli

Prime Minister Matteo Renzi said the Cabinet would meet on Thursday to decide measures to help the affected communities.

"Today is a day for tears, tomorrow we can talk of reconstruction," he told reporters late on Wednesday as he announced 120 bodies had been found and 368 people had been taken to hospital.

The death toll rose to 159 a few hours later. With people still unaccounted for, the civil protection department warned it could climb higher.

Aerial photographs showed whole areas of Amatrice, last year voted one of Italy's most beautiful historic towns, flattened by the quake. Inhabitants of the four worst-hit small towns rise by as much as tenfold in the summer, and many of those killed or missing were visitors.

Amatrice's mayor, Sergio Pirozzi, said its best-known accommodation, Hotel Roma, which probably had around 70 guests at the time of the quake, had collapsed and only seven bodies had been found under the rubble.

The civil protection agency said it was trying to determine how many people were staying in the hotel.

Most of the damage was in the Lazio and Marche regions, with Lazio bearing the brunt of the damage and the biggest toll. Neighboring Umbria was also affected. All three regions are dotted with centuries-old buildings susceptible to earthquakes.

Italy's earthquake institute, INGV, said the epicenter was near Accumoli and Amatrice, which lie between the larger towns of Ascoli Piceno to the northeast and Rieti to the southwest.

It was relatively shallow at 2.5 miles below the earth's surface. INGV reported 150 aftershocks in the 12 hours following the initial quake, the strongest measuring 5.5.

Italy sits on two fault lines, making it one of the most seismically active countries in Europe.

REUTERS

Rescuers search among damaged buildings in Arquata del Tronto. GETTY IMAGES

Residents react among the rubble after a strong earthquake hit Amatrice in Central Italy. GETTY IMAGES

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Texas students use sex toys to protest new gun laws on campus

The lawmakers said campus carry protects the rights of gun owners and could prevent a mass shooting on campus.

To protest a new state law that makes the carrying of concealed handguns legal in college classrooms, students at the University of Texas on Wednesday openly displayed sex toys, an act considered illegal under local indecency laws.

"We are fighting absurdity with absurdity," said Jessica Jin, leader of the protest called "Cocks Not Glocks: Campus (Dildo) Carry," where hundreds of sex toys were given away at the rally on Wednesday that coincided with a return to classes at university's flagship campus.

Pro-gun control protestors rally against an open carry demonstration close to The University of Texas campus December 12, 2015 in Austin, Texas. GETTY IMAGES

"Texas has decided it is not all obnoxious or illegal to allow deadly concealed weapons on campus. But walking around with a dildo could land you in trouble," Jin said.

On Aug. 1, a so-called "campus carry" law backed by the state's Republican political leaders went into effect that allows concealed handgun license holders aged 21 and older to bring handguns into classrooms and other university facilities.

Hundreds of university faculty and staff lobbied unsuccessfully to block campus carry, arguing the combination of youth, academic stress, alcohol and firearms could make for a deadly combination.

A U.S. district judge on Monday denied a motion from three University of Texas professors who wanted to ban guns in their classroom after the state gave some students that right under the law that went into effect this month.

On Wednesday, protests organizers shouting slogans like: "If you are packing heat, we are packing meat," handed out hundreds of sex toys, many donated by area stores. They also handed out plastic zip ties so that protesters could strap the sex toys on to their backpacks in a sign of defiance against campus carry. REUTERS

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China, South Korea and Japan to urge North Korea to stop provocation

Foreign ministers from the three Asian neighbors also sought to soothe their often-testy relations, and have reached an understanding on a trilateral summit meeting in Japan this year, a Japanese official said.

Japan, China and South Korea agreed to urge North Korea to refrain from provocation and follow U.N. Security Council resolutions, after its latest missile launch towards Japan early on Wednesday.

"We have confirmed that we will urge North Korea to exercise self-restraint regarding its provocative action, and to observe the U.N. Security Council's resolutions," Japanese Foreign Minister Fumio Kishida told a news conference after hosting the meeting with his Chinese and South Korean counterparts.

A North Korean submarine fired a ballistic missile on Wednesday that flew about 300 miles towards Japan, a show of improving technological capability for the isolated country that has conducted a nuclear test and a series of missile launches in defiance of U.N. sanctions.

In the face of the threat, cooperation among Japan, China and South Korea was more important than ever, Kishida said after his meeting with China's Wang Yi and South Korea's Yun Byung-se.

People watch a broadcast reporting North Korea's nuclear test at the Seoul Railway station on Feb. 12, 2013, in Seoul, South Korea. GETTY IMAGES

Yun promised South Korea's support to realize a trilateral summit by year's end, as well as to cooperate economically and to achieve a successful summit of the Group of 20 big economies next month in China.

Wang said China opposed North Korea's nuclear and missile programmes and any "words or actions" that cause tension on the Korean peninsula, China's foreign ministry said in a statement.

China will continue to push for the peninsula's denuclearization, seek a resolution through talks and uphold regional peace and stability, Wang added. REUTERS

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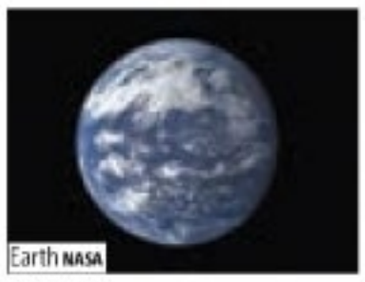
Scientists find Earth-like planet circling sun's nearest neighbor

Scientists have discovered a planet that appears to be similar to Earth circling the star closest to the sun, potentially a major step in the quest to find out if life exists elsewhere in the universe, research published on Wednesday showed.

The relative proximity of the planet, known as Proxima b, gives scientists a better chance to eventually capture an image of it, to help them establish whether it has an atmosphere and water, which is believed to be necessary for life.

Future studies may reveal if any atmosphere contains tell-tale chemicals of biological life, such as methane, according to a paper published in this week's issue of the journal Nature.

"The key question of our initiative was whether there were potentially life-bearing planets orbiting these stars. We know now there is at least one planet with some characteristics similar to the Earth," said Pete Worden, a former top NASA manager, who was speaking at a European Southern Observatory webcast news conference to announce the find.


Earth NASA

The planet, located about 4.2 light-years from Earth, or 25 trillion miles, is the closest of some 3,500 planets that have been discovered beyond the solar system since 1995, according to the paper.

"This planetary system is much closer than any other that we know so detailed investigation is easier," astronomer Ansgar Reiners, with the University of Gottingen in Germany, told reporters on a conference call.

Astronomers got their first hint of a planet circling the sun's small dim neighbor star in 2013. But they needed additional observations, using more precise instruments, to make a definitive call.

An international team of 31 scientists found the planet after careful and repeated measurements of slight shifts in the color of the light coming from its host star, Proxima Centauri, which is a small, dim star in the Alpha Centauri system. REUTERS

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Your guide to fall album releases

From easy listening to headbanging, we've got you covered. NICOLE HUNTER

THE FUN STARTS HERE

Broody — but in a come-hither kind of way

Banks, "Altar," Sept. 30

Banks makes R&B that has a tendency to make you feel like you should be driving a car slowly through a dimly lit street on your way to a booty call — or away from a terrible breakup, depending on which song you're listening to. If you're curious about what to expect from her new album, "Altar," her new singles "F— with Myself" and "Gemini Feed" are good places to start: faint whiffs of '90s R&B and early aughts indie.

More edge than pumpkin spice

Norah Jones, "Daybreaks," Oct. 7

The nine-time Grammy-winning woman behind everyone's favorite Starbucks album is back. "Carry On," the first single from her album, "Daybreaks," sounds like a nice slow pour of a coconut-milk chai latte: sweet, comforting and wholesome, yet entirely of the moment.

If you're sick of heteronormativity

Mykki Blanco, "Mykki," Sept. 16

Mykki is the name to drop when you're looking to summon up an innate sense of cool you may not naturally have and impress your friends with your obscure music taste. Mykki, a performance artist turned MC, is at the epicenter of all that is forward-thinking and progressive. He's also a member of the fashion and art worlds' coolest kids (Hood By Air's Shayne Oliver, Count of Milan's Marcelo Burlon and artist Rashaad Newsome, to name a few). Not to mention Mykki is the godfather of queer rap. His new eponymous album promises to provoke your mind while you tear up the dance floor.

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M.I.A,, "A.I.M.," Sept. 9

"I'm a parrot," the provocateur declares in the opening of her recent single, "Bird Song." No matter what you think of her controversial sound bites, murky authenticity and confusing politics, M.I.A. consistently turns out a listenable, highly catchy beat. Her next album, "A.I.M." should have more of the same. Case in point, the Skrillex work of wonder, "Go Off."

Belt it out

Idina Menzel, "Idina," Sept. 23
Kristin Chenoweth, "The Art of Elegance," Sept. 23

Musical lovers, listen up: Broadway majors (and the original "Wicked" co-stars) Idina Menzel and Kristin Chenoweth are releasing albums in the same week. I repeat, the same week! The only thing that could possibly be more exciting is if they were releasing a joint album, covering the "Hamilton" soundtrack. ... Buy some honey and a box of chamomile tea, because you're going to be doing a lot of belting in the shower this fall.

So you're feeling oddly confrontational ...

Die Antwoord, "Mount Ninji and Da Nice Time Kid," Sept. 16

Before they became the South African music act who beefed with Lady Gaga, tried to pick a fight with Drake and accused "Suicide Squad" of plagiarism, they were the underground countercultural hit. They're describing their new album as "dark and ratty," which sounds about right.

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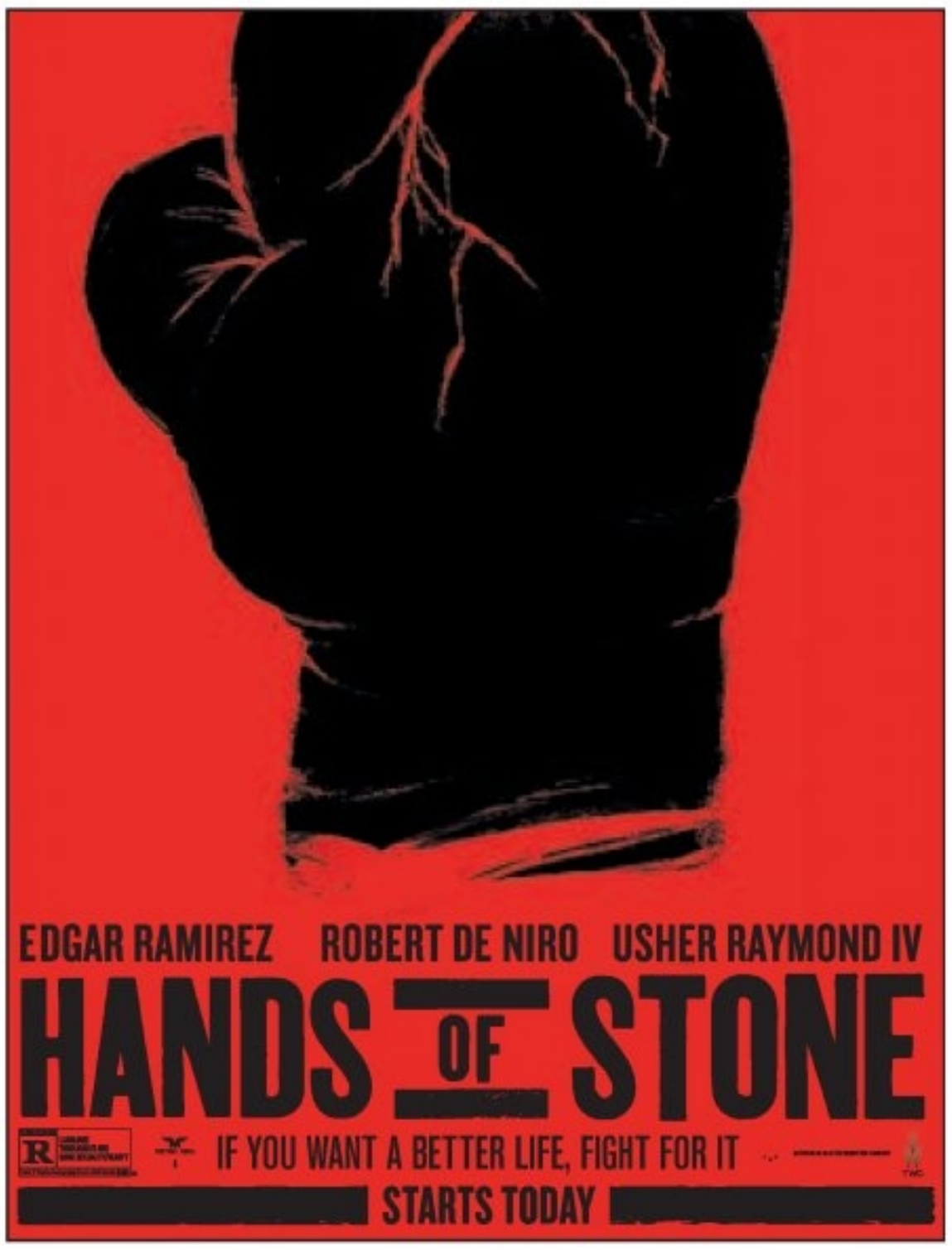

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Riding the wave

For their sophomore album, the Wind and the Wave got a little help from a friend.

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The Wind and the Wave join producer Butch Walker on tour this fall. GETTY IMAGES

If you go

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Austin duo the Wind and the Wave charmed critics and fans alike with their 2014 debut "From the Wreckage." Vocalist Patty Lynn Drew and producer-guitarist Dwight A. Baker are best friends who just enjoy making really, really good music, and it's utterly refreshing.

For their second album, Baker handed over the production reigns to Butch Walker, a new experience for both himself and Drew, who had never recorded with someone else. The result: "Happiness Is Not a Place," their sophomore LP under a new label (they hopped from RCA to Island last year) and a poppy first single, "Grand Canyon," a rapturous toe-tapping departure from their indie-folk roots. Baker calls in during a studio break to discuss the new single, working with Walker and his personal "Grand Canyon."

Tell me about the single, "Grand Canyon." What's the moral of the story?

That one in particular is about [Patty] on a personal level, and her brother being in a horrible car accident, and a coma on the eve of our first record coming out. I feel in a deeper way, it's about not taking for granted the moments that you're given. Go see the amazing things, go do the amazing things.

Is that a self-serving mantra, too?

That's mainly where the song comes from. Patty is a 28-year-old hermit who has a soul of a 60-year-old, and I've had the soul of a 60-year-old since I was 6. We just want to eat macaroni and cheese and chill, but you've got to force yourself to go out. See the sights.

What's on your bucket list? What's your personal "Grand Canyon"?

Well, I'm fascinated by history, and I'd love to see some of the things that are impossible now. Things in Iraq and Egypt, where I don't think things would go very well for me and my giant Nordic ass. I love cities like London and Madrid and Paris and Vancouver, where it's more about finding the footsteps of how a country was founded. I'd like to walk those steps myself.

What was it like working with Butch Walker?

Butch is rad. He's similar to me. We chose him because I went in after making two records back-to-back, and I was burned out. It was time to make a new album for a new label, and I had zero desire to go into the studio, which is a bad place to start a record. I tried and failed miserably. It's easy to make a record when you think no one's going to hear it, and that was the first album. We weren't even planning on being a band. But when you're writing and you have fans who all of the sudden expect you to deliver something, you don't know what the lines are — can I go off and deliver something else? Or do I need to deliver what they expect?

Butch turned out to be a good choice because he had just done [his own] album with Ryan Adams, and it was the first he [didn't produce himself] in 20 years. Butch was someone who knew what it was like being "the guy," but then have to deal with someone new. He knew when to be brutal and when to be understanding.

What was different about the process?

As far as Patty's concerned, she hadn't had another person in the room while she was singing before. It was really strange for her, but Butch wanted that record to be the first time we played the songs and some of them live takes. On "Grand Canyon," you can hear those live drums and live vocals. You can hear the urgency in it. It made us terrified the whole time.

"Don't Breathe"

Director: Fede Alvarez
Stars: Jane Levy, Stephen Lang
Rating: R

●●●○○

Jane Levy plays a thief trying to hide from the dangerous blind man she's trying to rob in "Don't Breathe." SONY

Unlike the idiots who break into the wrong man's house to steal his booty, "Don't Breathe" is very delicate. It's a dirty, white-knuckle thriller that knows the genre enough to play with it. It's a home-invasion picture, but inverted: Our not-quite-heroes are a gang of young thieves who break into a house only to find themselves trapped inside it. They have company in their mark: a blind Gulf War vet (Stephen Lang), who's not quite Daredevil but efficient and willing enough to take them all out.

Toying with genre expectations is one thing, but "Don't Breathe" does something else: It technically gives you no one to root for. To be more precise: It wants your stance on each character to be closer to "It's complicated." There's Rocky (Jane Levy), a single mom desperate to take her young daughter away from a Detroit trailer park. That's nice, but it means exploiting the not-so-good graces of both a cornrowed braggart who actually calls himself Money (Daniel Zovatto) and a nice guy (Dylan Minnette) who can get them access to swank digs because his dad runs a local home security firm. And that also means literally robbing a man blind, one who's come into a hefty settlement and wrestles with both the trauma of war and the deaths of his wife and daughter.

But that their target — who's credited as The Blind Man — will go a bit above and beyond in protecting his stash makes things complicated, too. Once "Don't Breathe" is good and settled in the house, director Fede Alvarez (of the mega-bloody "Evil Dead" remake) gets to the business of mucking with audience sympathy, jostling our sympathy between invaders and the invadee. Rocky and crew try to hide or at least keep quiet, all while slinking about a creaky house. Alvarez is a pro at creating tension with nothing more than sound effects and shots that constantly have us thinking of what's outside the frame. It's a movie that knows how to unnerve in more ways than one. MATT PRIGGE

Edgar Ramirez plays legendary and somewhat infamous boxer Roberto Duran, alongside Robert De Niro as his coach, in "Hands of Stone." THE WEINSTEIN COMPANY

"Hands of Stone"

Director: Jonathan Jakubowicz
Stars: Edgar Ramirez, Robert De Niro
Rating: R

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"Hands of Stone" isn't a hagiography; it's not even a movie that straightens a record. It's closer to a yes-man who tells their boss their speech was great, ignoring the part where his pants fell down. The subject is Roberto Duran, one of the greatest boxers who's never scored a movie. You think he'd deserve one: He pulled himself up from the bootstraps of Panama's streets to hold world titles in four different weight classes. He had a punch so hard he earned the eponymous nickname. But here's the rub: In the seventh round of a highly-publicized rematch with Sugar Ray Leonard in 1980, he abruptly called it off, taking his toys and leaving with the whole world watching.

There are many ways to tackle this. A fascinating film could be made that explored the difficulties of being a star. Instead it goes so far out of its way to portray him as a victim, to spin his rep-shattering act as sort of defensible, that you can't help smelling a rat. It's a sticky piece of cornball that keeps pulling its punches. Edgar Ramirez is at least predictably fiery as Duran, who punches his way out of poverty — with a lot of help from a legendary trainer Ray Arcel (Robert De Niro), who uses his clout to bust him up to the big leagues.

It's a rise-and-fall-and-rise-again romp, whose middle section is devoted to Duran gorging like Caligula on his wealth. It dwells so much on his bacchanal period that it becomes clear this the movie is pulling a bait and switch: You're supposed to think he's complicated because he got too into drinks and drugs and cheated on his wife and turned on friends. You're supposed to ignore that the film doesn't think his infamous act is complicated. In fact, it spends a lot of time pinning all the blame on his manager, who rushed him back into battle, concerned only about money. "Hands of Stone" may look like a standard-issue inspirational sports saga, but it's really cinema as damage control. MP

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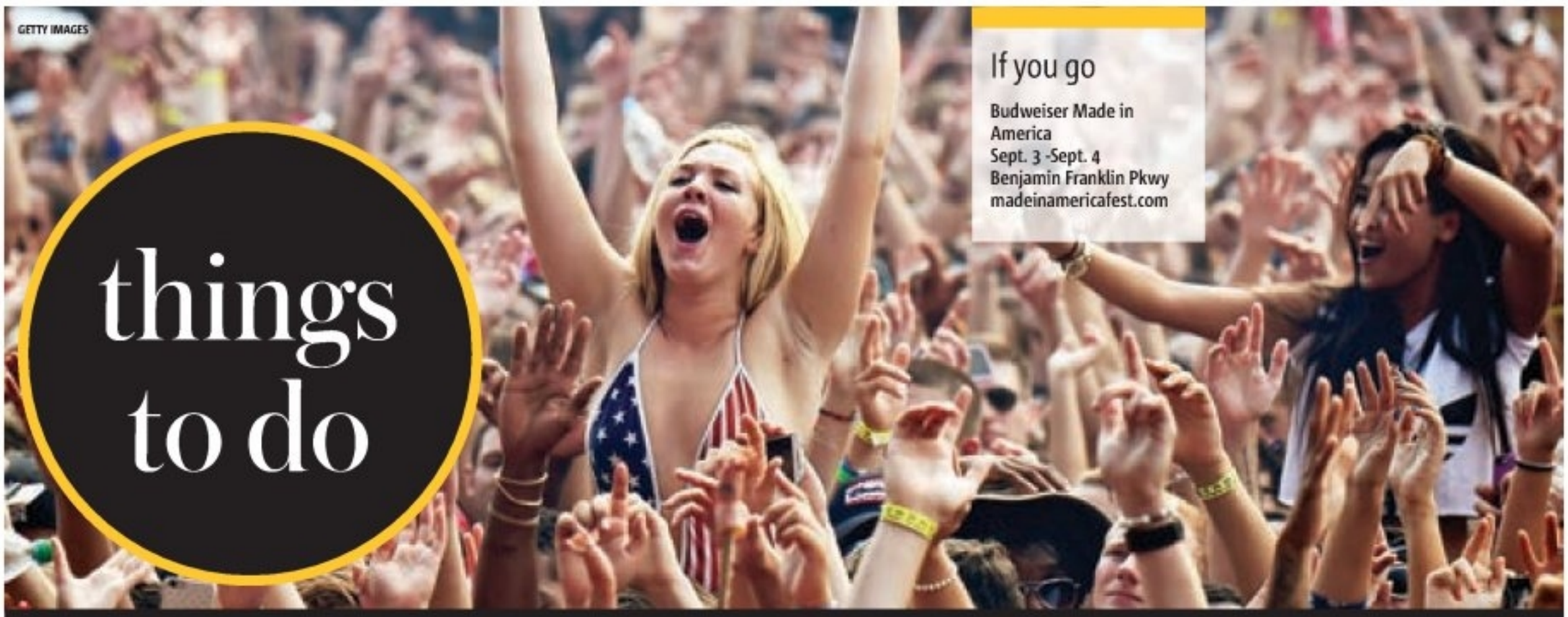

GETTY IMAGES

things to do

If you go

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Sept. 3 -Sept. 4
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madeinamericafest.com

WHERE TO EAT, DRINK & PLAY

4 Artists you can't miss at Budweiser Made in America 2016

Aside from the headliners, get excited for these buzzworthy up-and-comers. JENNIFER LOGUE

Bibi Bourelly

Hometown: Berlin/Los Angeles
Sounds like: Sia meets Andra Day
Give it a listen: "Ego"
bibisociety.com

Bursting onto the music scene all the way from Berlin, BiBi Bourelly has a raspy realness to her voice that is infectious. She sings it like it is and knows how to write a hook, having written songs like "B**** Better Have My Money" and "Higher" by Rihanna. For being only 22-years-old, Bourelly is mature beyond her years, but given that she moved to L.A. on her own as a 10th grader, it's no surprise her music has guts, too.

ALL PHOTOS PROVIDED

Lil Uzi Vert

Hometown: Philadelphia
Sounds like: ASAP Rocky meets Marilyn Manson
Give it a listen: "Money Longer"
liluziofficial.com

Lil Uzi Vert is a hip-hop artist hailing from Philadelphia who mixes melodic rock influences and lightning fast delivery to create a sound all his own. The songs on his "Luv is Rage" mixtape have had over 70 million streams on Soundcloud, and in June he was included as an artist to watch in XXL Freshman.

Kevin Garrett

Hometown: Pittsburgh/ Brooklyn
Sounds like: James Blake meets Coldplay
Give it a listen: "Coloring"
kevingarrettmusic.com

Kevin Garrett is a singer/ songwriter from Pittsburgh who now calls Brooklyn home. His smooth vocals and blend of organic sounds with electronic elements draw many comparisons to English musician, James Blake. Lovers of emotional, raw music should catch his BMIA performance this year. He's also made headlines recently co-writing "Pray You Catch Me" with Beyonce for her "Lemonade" album.

Sophie Beem

Hometown: New York
Sounds like: Kesha meets Meghan Trainor
Give it a listen: "I Got It" featuring Fetty Wap
sophiebeem.com

Sophie Beem may be only 17 years old but she sure doesn't sound like it with her powerhouse vocals and confident attitude. It's no surprise that the young singer is mentored by Beyonce, who personally signed Beem to her Parkwood Entertainment management company. If you're a fan of R&B-infused pop with a lot of sass, you'll dig Sophie Beem.

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EAT LIKE AN INSIDER

Reuben 'Big Rube' Harley

PROVIDED

Reuben Harley, known to most Philadelphians as "Big Rube," is a true Renaissance man. In the early 2000s, he had massive success in the world of fashion — using his marketing savvy to bring Philly's own Mitchell & Ness into the national spotlight, dressing everyone from Mariah Carey to Jay Z in throwback jerseys. However, the West Philly native always had a passion for food, and in the mid-'90s started a catering business selling fried chicken and other comfort-food delights in hair salons and barbershops around the city. Today Big Rube's passion for cooking continues with his popular pop-up events. He chatted with us about why tomatoes don't belong on hoagies and what makes the VIP cocktail at Del Frisco's so special.

Best late night meal?

I would say David's Mai La Wah (1001 Race St.) — the Chinese restaurant on the corner of 10th and Race. They have salt-and-pepper shrimp, which I like. The food is good and it's a nice mix of people.

Best meal under $10?

The Sampan Happy Hour. They have nice kimchi fried rice with shrimp and the Kobe sliders are good, too. Just sitting at the kitchen bar and watching the guys cook — being a chef, I love seeing other chefs cook. I also love the smells. It smells so good in there with all of garlic and the onions and everything else.

Best hidden foodie gem?

Where I go get my hoagies at 13th and Moyamensing — Li'l Nick's Deli (1311 W. Moyamensing Ave.). I get my bread gutted and turkey and cheese with, and then they put a few slices of roast beef on the top. I do everything except tomatoes, and the reason is the tomatoes make my hoagie soggy. [Laughs]

Place you always recommend for out-of-towners?

I would have to say go to Toast on 12th and Spruce (1201 Spruce St.). It's where I do my monthly chicken and waffle pop-up and they make a great omelet in the morning. I do mine with mushrooms and cheddar cheese.

Go-to date spot, hands-down?

That would be Rouge in Rittenhouse Square (205 S. 18th St.). It's right across from the park and they have the windows opened up in the summertime. They've got the best calamari with aioli. Mmm. On point.

Best place to catch up with friends?

Del Frisco's Steakhouse (1426 Chestnut St.). The bartenders are very personable and it's so big in there with the tall ceilings — because it used to be an old bank — so there's a lot of elbow room. I love everything from the shrimp cocktail to the cheesesteak popsicles, and my main drink is the VIP. It's aged pineapple and vodka. They soak the pineapple in vodka for a whole month and then press it out.

Most Instagrammable restaurant?

Parc in Rittenhouse (227 S. 18th St.). The Caesar salad is good, the steak frites — I love those — and their whole presentation is A-OK. JENNIFER LOGUE

HOT PLATE

The Mushroom Seitan Sandwich

JENNIFER LOGUE

Jennifer Logue eats her way through Philly

jennifer.logue@metro.us

Milkboy on South Street opened up only three weeks ago, but is already getting a ton of foot traffic from locals and tourists alike. The one menu item that kept popping up in conversation is its vegetarian take on a Philly cheesesteak — the mushroom seitan sandwich.

With Jim's Steaks across the street from the newest Milkboy location, I couldn't help but wonder — is Jim cool with Milkboy selling any sort of cheesesteak?

Brittni Nelson, sous chef at Milkboy South, says they're supportive of each other's businesses: "So our deal with them, they do the cheesesteaks and we do the fries and other options like our chicken cheesesteak and our mushroom seitan. If anyone goes there and asks for a vegetarian option they send them here, and we send people there [to Jim's] to get cheesesteaks."

Pretty sweet! But now let's get to the meat of the matter — or in this case, the mushroom seitan. Even the bartender, Matt, confessed this was his "favorite sandwich on the menu" and he's not even a vegetarian.

The dish comes in three parts — the mushroom seitan sandwich, a bowl of mushroom jus for dipping and, of course, french fries. (You could also get a green salad but what's the fun in that?)

The sandwich itself is seitan, mushrooms and thyme cream cheese on a long roll freshly delivered from Le Bus bakery. Make no mistake, this is the "upper crust" version of a cheesesteak, folks. After taking a bite, I was surprised at how well the thyme cream cheese worked with the meat substitute. At first, the thought of cream cheese on a "cheesesteak" grossed me out — but because the seitan is on the lighter side, any other cheese would have been too overpowering. The cream cheese added a buttery body to the seitan without disrupting the balance of the sandwich, and the thyme added a burst of unique flavor. (Thyme isn't used "all the time." Ha!)

The mushrooms also lent an earthy elegance to this Philly classic. After washing it all down with a Founders All Day IPA, I left Milkboy feeling satiated but not so full that I needed a nap.

Even nonvegetarians would like this dish because it doesn't try to be a Philly cheesesteak. The mushroom seitan sandwich adds a bit of meat-free diversity to the world of American bar food.

ARTS, CULTURE, ACTION

There is a Philly country

Time to dust off your cowboy boots, folks!

A.D. AMOROSI
@MetroPhilly
letters@metro.us

Wallace Brothers Band LISA SCHAFFER

Philly's Wallace Brothers Band really knows how to transform a room. Every second and fourth Wednesday evening at Bob and Barbara's — an old school South Street tap room renowned for weekly parties with drag queens and lounge jazz combos — the Wallace quintet turns the B and B into the Grand Ole Opry with Country Night, and also hosted last year's Country Music Fest.

Along with acting as house band, the Wallaces host and curate a list of Philadelphia acts dedicated to the sound and feel of Nashville.

"There are places in town that emphasize folk, bluegrass," says Zach Wallace. "Yet, there wasn't really a place that focused on country music on a regular basis, so we thought it was a void that could be filled."

Now, the Wallaces bring the hootenanny down to the Italian Market Aug. 27 for the free, all-day, all-night, indoor-outdoor second annual Philadelphia Country Music Festival at Connie's Ric Rac.

"The Wallace Brothers Band loves going to Nashville and drinking and dancing to honkytonk music, so it's our attempt at bringing that feeling here to South Philly," says Zach Wallace.

Joining the hosts is John Train, Minka, Han-

music festival

No Good Sister is another act performing this year. PROVIDED

nah Taylor and the Rekardo Lee Trio, Grady Hoss and the Sidewinders, Mason Porter, two of songbird Sarah Larsen's bands (Hurricane Hoss, Ladybird) and many more.

When he isn't singing and playing for the Donuts, Jon Houlon is the dark lyrical presence behind John Train, a large, hillbillyish band that presently features Philly pedal steel guitar great Mike "Slo-Mo" Brenner and Houlon.

"The big country sound of John Train is well-honed, but we started John Train back in 1995 as a duo," says Houlon.

"Our earliest repertoire included songs by George Jones, Merle Haggard and Hank Williams, whose songs we play to this day."

Along with celebrating the recently deceased Haggard, John Train's set will also find "the country heart" in cover songs by Prince and David Bowie.

"Country Fest is our way of polishing up our modest, divey, little country night for a full-on concert," says Zach Wallace. "Last year at Bob and Barbara's was bigger than we ever anticipated. We're proud it has expanded to the point where we need a larger venue and Connie's Ric Rac represents much of what Bob and Barbara's represents … authenticity, anarchy, rock 'n' roll and open-mindedness."

Along with country sounds, the Wallaces' fest will have hippie vendors, food trucks and, most importantly, boozing legally in the street.

"It is country music, but we have a healthy mix of hippies, hipsters, punks, freaks, rednecks, etc. — a lil' something for everyone," says Zach Wallace.

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THEATER

GayFest!

Philadelphia's only LGBT theater festival wraps up its two-week run with final showings of three of its Philadelphia premieres, "Harbor," "MMF" and "Wolves." If you're looking for an alternative to the theater, stop by Studio X Friday night for some singing and dancing at the "You're Here, You're Queer" cabaret.
Through Aug. 27
Various locations
quinceproductions.com

JOHN DONGES

PARTIES IN GARDENS

Twilight in the Gardens

Philadelphia's Magic Gardens opens its gates for a nighttime twirl through the grounds that includes live music and art-making workshops. Jazz and soul ensemble Unity provides the sounds, while artist Mackenzie Vaughn Pikaart teaches guests to make personalized pin-back buttons. As always the event is BYOBBS, so bring your own booze, blankets and snacks.
Philadelphia's Magic Gardens
1020 South St.
$12-$18
phillymagicgardens.org

Open Streets PHL Fundraiser

Remember when Pope Francis was in town and streets in Center City were closed to traffic for several glorious days? That was pretty cool, right? There's a local organization, Open Streets PHL, that's working to bring car-free events to Philly streets at least once a month, but it needs funds and—most important—a big show of support to make its cause a reality. This week, it's hosting a fundraiser at the PHS Pop-Up Garden at Viaduct Rail Park, where supporters can talk all things open streets over beer, cocktails and light bites from the big orange bar. No cars allowed.
Aug. 25, 5-10 p.m.
PHS Pop-Up Garden at the Viaduct Rail Park
10th and Hamilton streets
$25
openstreetsphl.com

MUSIC

Philadelphia Country Music Festival

Get your honky tonk on at the second annual Philadelphia Country Music Festival, taking place this weekend—in the Italian Market, of all places. The daylong event is totally free. Stop by Saturday to catch country acts like No Good Sister, Sparkle Pony, Moot Davis and Minka playing on indoor and outdoor stages. Festival hosts The Wallace Brothers Band go on at 11:20 a.m.
Aug. 27-28, 12:30 p.m.-2 a.m.
Connie's Ric Rac
1132 S. 9th St.
Free
wallacebrothersband.com

Laura Mvula

British neo-jazz songstress Laura Mvula comes to Philadelphia after the release of her first album since 2013's critically acclaimed "Sing to the Moon." The work includes several of her characteristically lush ballads but also a few dancefloor jams, like girl-power anthem "Phenomenal Woman."
Aug. 28, 8:30 p.m.
Union Transfer
1026 Spring Garden St.
$29.50
ticketfly.com

FESTIVALS

Tibet Fest

Be whisked away to to Tibet, at least in spirit, this Sunday

MUSIC

Peoti Visions

South Jersey hip-hop trio Peoti Visions wrap up their mini "Peotified Summer" tour with a performance this week at Underground Arts. The show promises to be a cinematic experience, with projections of music videos they produce themselves and a series of skits. Opening acts include local gospel artist Aaron Thomas and singer Bianca Ingram.
Aug. 26, 9 p.m.
Underground Arts
1200 Callowhill St.
$10
undergroundarts.org

PROVIDED

MOVIES IN PARKS

Movies in Clark Park Kickoff

On Fridays through Sept. 9, Clark Park transforms into an outdoor movie theater, with family-friendly film screenings starting at dusk. The series begins this week with "Finding Nemo," and continues on subsequent Fridays with "Rocky" spinoff "Creed" and "Star Wars: The Force Awakens." Guests are encouraged to bring lawn chairs, blankets and a picnic, or you can grab dinner from food vendors on site.

Aug. 26
Clark Park
4398 Chester Ave.
Free
universitycity.org

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at Clark Park during the eighth annual Tibet Fest. Vendors will be on hand selling traditional Tibetan trinkets, vegan food options will be plentiful and activities are planned every hour between 1 and 3. There will be guided meditations, a snow lion dance and a children's dance and song performance closes out the day.

Aug. 28, 11 a.m.-4 p.m.
Clark Park
4398 Chester Ave.
$10-$20 (donation based)
thepurelandproject.org

Philadelphia Jerk Festival

Miss the amazing outdoor seating at Jamaican Jerk Hut on South Street? Here's a chance to reminisce. The second annual Philadelphia Jerk Festival celebrates Caribbean and jerk traditions going strong here in Philly with a feast of jerk foods, traditional live music and a host of family-friendly activities. Bring along the little ones to let them run wild in the kids' zone, where they can have their faces painted, parade in a costume walkabout and make some arts and crafts.

Aug. 28, noon-6 p.m.
Fairmount Park
Chamounix Drive
$25-$70
philadelphiajerkfest.com

NATURE

Go Fishing Day

Grab the family and take them to the Wissahickon Environmental Center for a free day of fishing and learning. A limited number of rods will be available for fishers, who can sit in on fishing demonstrations on perfecting your casting game. Guests can also learn how climate change is disturbing our fishing traditions.

Aug. 27, 10 a.m.-2 p.m.
Wissahickon Environmental Center
300 W. Northwestern Ave.
Free pennfuture.org

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Try the Roker Burger

August 22 to August 26Shake Shack
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The Roker Burger is 100 percent all-natural Angus beef topped with Niman Ranch barbecue pulled pork, red-eye mayo, pickles and double American cheese. A collaboration between "Today" show weatherman, Al Roker and Shake Shack, $1 will go to support No Kid Hungry for each burger purchased. You have until Friday to try it and help a good cause at the same time.

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Route 66's Singing Road

Distance: 38 miles
A drive on the Mother Road (now known as Interstate 40) is often at the top of a road trippers' bucket list, but the iconic route has a twist. A strip of "musical road" was installed near the village of Tijeras, east of Albuquerque. A series of rumble strips on the highway is calibrated so if you drive the speed limit (45 mph), the vibrations in your car buzz to the tune of "America the Beautiful." Start your drive in Albuquerque, then cruise east through the Cibola National Forest until you reach Tijeras and the singing road. Continue on to Moriarty, where you'll see some Route 66 relics, such as the Sunset Motel and some old bars. Note: The road only plays music if you're driving east.

Dinosaur Diamond Scenic Byway

Distance: 424 miles
Channel "Jurassic Park" on this route that takes in some of the West's top dinosaur sites. Start your trip in Grand Junction, Colorado, and drive northwest to the aptly named town of Dinosaur. Spend a few hours at Dinosaur National Monument, where you can see live digs and a paleontology lab. Continue west into Utah, where you can visit the Utah Field House of Natural History State Park Museum; kids love the garden of life-size dinosaurs. Finish your trip in Moab, where the Museum of Moab has more dino displays.

The South's last stand in Virginia

Distance: 94 miles
Seven score and 10 (so, 150) years ago, Confederate Gen. Robert E. Lee fled from Petersburg, Virginia, with Union troops in hot pursuit. His journey, which ended in surrender at Appomattox and prompted the end of the Civil War, is now a well-marked driving route. Start at the Petersburg National Battlefield Park Visitor Center to pick up a map and learn about the 9.5-month siege that caused 70,000 casualties. The route then meanders west through more historic sites such as Pamplin Historical Park and the National Museum of the Civil War Soldier and Sailor's Creek Battlefield Historic State Park. The drive, like Lee's campaign, ends in Appomattox, where you can visit the famous courthouse where the general surrendered.

Coast to Coast

Distance: 3,024 miles
If you're going to drive across the country, you might as well take the long route: Interstate 90, which connects Boston to Seattle along the longest interstate in the U.S. You'll pass through 13 states, dropping down around the Great Lakes, then up across the Great Plains and the Continental Divide. You could do the drive in about six days, but it's best to take your time and make detours to some of the nation's top sites along the way, including Niagara Falls, Mount Rushmore and Yellowstone National Park.

Grand Tour of Oahu

Distance: 126 miles
If you're itching for an Oahu escape, be sure to spend some time outside of Waikiki and Honolulu. Set off on a road trip around the eastern half of the island, which takes you away from urban sprawl and into a more authentic Hawaiian setting, where shrimp shacks and surf spots dot the road. Drive east around Diamond Head and Koko Head. The road then turns north and hugs the island's windward coast, where you'll see spectacular beaches and some scenic offshore islands to your right and green cliffs. As you pull up to the North Shore, stop at some of the world-famous surf breaks: Pipeline, Sunset Beach and Waimea Bay. The road doesn't circle the whole island, so cut inland at hippie town Haleiwa and head back to Honolulu across the island's central plains.

Presidential Trail

Distance: 1,045 miles
Florida's Presidential Trail strings together an impressive lineup of historic sites. Start in Pensacola, where Andrew Jackson served as Florida's first governor after accepting the land from Spain. Cruise across northern Florida over to Daytona Beach, where you can dine at The Cellar, a restaurant that used to be Warren G. Harding's home. Onward in Central Florida, you'll find some tributes to America's leaders at Walt Disney World's Hall of Presidents and Clermont's The Presidents Hall of Fame. Over on the Gulf Side, check out where presidential hopefuls gathered in Tampa for the 2012 Republican National Convention. Finally, swing down into the Keys for a peek at Harry Truman's Little White House, his winter home on Key West.

Lake Champlain Byway

Distance: 134 miles
A fresh, green summer escape from muggy East Coast cities, this route skirts the eastern shore of Lake Champlain in northwest Vermont. Driving south to north, the landscape rolls through scenes of farmland, mountains (both the Green Mountains and the Adirondacks are visible) and small towns. Hiking and swimming options abound — the Champlain Islands at

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Great Lakes

Distance: 315 miles
Begin at Dunkirk Historical Lighthouse on Lake Erie in New York, where you can take a harbor cruise to learn about local shipwrecks. Continue northward on Route 190 around the lake and take a breather at majestic Niagara Falls. Enjoy Fort Niagara State Park to experience living history programs and the stunning views, before traveling north and continuing along Lake Ontario on Route 18. A historic detour worth taking is Murphy Orchards and Underground Railroad in Burt. Continue on Route 104 to Oswego to stop at the Fort Ontario State Site, the Safe Haven Museum and the Oswego Lighthouse. Finish at the mouth of the St. Lawrence River at Cape Vincent.

the north end of the byway are a prime spot for water. Stop in Burlington to fuel up on the region's local food at Farmhouse Tap & Grill and be sure to try some local beer.

Blue Ridge Parkway

Distance: 383 miles
Dense with aromatic forests, the Blue Ridge Parkway connects Shenandoah National Park in North Carolina and Virginia's Skyline Drive. The Poor's Farmer's Market at mile 178 is a great spot to pick up a quilt and the Blue Ridge Music Center (mile 213) is a must to experience and appreciate Appalachian music. Take in the best views at Waterrock Knob at mile 451 and be sure to explore towns such as Blowing Rock (mile 291) and Little Switzerland (mile 334). The bookend cities of Charlottesville and Asheville are worth a day or two each.

Pacific Coast Highway

Distance: 144 miles
One of the country's most iconic drives, PCH always makes for a great trip. Start in Monterey, once the capital of California, to uncover the state's Spanish and Mexican past, and do not miss the famous Monterey Bay Aquarium. The noted artist community of Carmel is next; pull over to observe the kingfishers and pelicans at Carmel River State Beach. Due south, Point Lobos Reserve covers 550 acres and includes the U.S.'s first undersea ecological reserve. Continue on to stunning cliffs of Big Sur and further south, where sea otters await at Soberanes Point. The drive ends in Morro Bay State Park Museum of Natural History, a draw for Morro Rock and its panoramic views.

Southern Barbecue Trail

Distance: 1,224 miles
Work up an appetite and pace yourself for the best barbecue the South has to offer. Starting in Holy Hill, South Carolina, the "dark" and "light" pork of Sweatman's makes for the perfect starter. Be sure to order a side of the house mustard sauce. Then, hit the road and follow Interstate 20 west until Birmingham, Alabama, where Miss Myra's Pit Bar-B-Q's vinegary, mayo-based white sauce will win you over. Next, it's deeper south and west to Ocean Springs, Mississippi, to the iconic The Shed, just outside of Biloxi. Here, take in live blues with your pork ribs before continuing on to New Orleans, where you can digest several days of history, music, food and fun. Hit The Joint, where the ribs are said to be the best in the city. Your last stop is Austin for two barbecue landmarks. The Salt Lick is known for its beef brisket, smoked over an open pit. Finally, you won't regret braving the lines at Franklin Barbecue, hailed by many as the best barbecue the U.S. has to offer.

Discover Coastal New England

Distance: 400 miles
While some may prefer the fall foliage, summer is also prime time for exploring New England. Mystic, Connecticut's famous Seaport doubles as The Museum of America and the Sea. The galleries, historic wooden ships and recreation of a 19th-century maritime village are a great way to steady your sea legs. Detour off Interstate 95 North to Newport, Rhode Island, to tour the opulent Gilded-Age mansions and grab some fresh lobster right on the harbor at the Aquidneck Lobster Bar. Head to Boston next via I-95. Stretch your legs along the city's Freedom Trail, a 2.5-mile walk through famous sites from the American Revolution. Boston is also a prime stop for foodies; chef Barbara Lynch, known for No. 9 Park and B&G Oysters, was recently named Restaurateur of the Year by the James Beard Foundation. Pushing northward, stop in Portland, Maine, for its picturesque downtown before jumping a ferry to hop the chain of outlaying islands, full of beaches and artist havens. Wrap up the journey in Acadia National Park's 47,000 acres of woods, mountains, coastline and lakes.

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3 Storylines to watch when Eagles face Colts

Preseason Week 3 will be the last chance for Eagles' first-stringers to get full-speed, in-game action before the regular season.

EVAN MACY
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Here we go. Preseason Game 3. The most important part of the preseason — which isn't saying much.

Sure, key players will still sit and Carson Wentz isn't healed yet from his rib fracture, but the 2016 Eagles will begin to take shape in large part after coaches look at the first and second teams against the Colts on Saturday at 7 p.m.

"Every game is important," Eagles defensive coordinator Jim Schwartz said. "There's competition for jobs. There's competition for roster spots. There are some guys trying to make a good impression to hopefully make the practice squad. That's important enough for our guys, without putting anything to do with the Colts."

Here are three storylines to keep an eye on this weekend:

1 First team, last impressions

The first-team offense and defense are expect to play upwards of three quarters Saturday, making this the last chance for fans to see Sam Bradford, Malcolm Jenkins and their respective units.

It's also the last chance for Eagles' coaches to see their guys in action, going full speed and taking contact.

"This is kind of like an in-season week for us," offensive coordinator Frank Reich said. "Coach [Doug Pederson] set it up so we prepare a little more like it's in-season, so [there's] a little bit more game planning. Not full bore, but get a chance to get some guys in position to make plays. Then we have to execute and then they've got to make the plays when they come to them."

Thus far, the defense (which had four takeaways against Pittsburgh last week) has been impressive but the offense has left a little to be desired. They'll want to leave a better taste in fans' mouths when they finish their preseason action.

2 Wide-open wide receivers

There are a lot of unknowns regarding the depth chart at wide receiver. New acquisition Dorial Green-Beckham, a big 6-foot-5 body with a high talent ceiling, makes things even less certain as fringe players like Josh Huff, Reuben Randle and Paul Turner fight for spots.

Likely, a healthy Jordan Matthews leads Chris Givens and Nelson Agholor as locks, with the other four vying to grab a spot on the 53-man roster. Reps will be all-important in Saturday's game.

"[In the] third preseason game obviously starters are getting a lot of reps," Reich said, "so it's important to show progress at all our positions – not just the wide receiver position. And I feel like the receivers have been showing that, as a group and individually."

The Eagles No. 1 priority will surely be getting their offense figured out in Preseason Week 3. GETTY IMAGES

3 Step it up, Sam

The Eagles don't play the Redskins until Oct. 16 in Week 6. But if Josh Norman's recent statement about Bradford doesn't get a rise out of the Birds' starting quarterback, nothing will.

"Have you ever once been one of the top 20 quarterbacks in the league?" Norman said Tuesday, "Not that I remember — and you want more money? I can't wait to play him twice a year."

If Bradford hopes to be in midseason form come October, he'll need to continue to work things out in Preseason Game 3. Bradford is a painfully average 15-for-20 for 118 yards over two games thus far. He's playing the first year of a two-year, $36 million contract.

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Where will Josh Innes head to next? TWITTER.COM/JOSHINNESRADIO

Why did SportsRadio WIP host Josh Innes get fired?

A lot of people dislike now-former WIP afternoon host Josh Innes. He's in your face, speaks his mind and thinks humor is humor, no matter who may be offended.

Routinely taking on the "politically correct" culture while commenting on local sports, Innes wasted no time commenting on events around the city — particularly a recent event involving his chief rival Mike Missanelli on 97.5.

The story goes that a producer at the station had been calling the show for a long time pretending to be an African-American named "Dwayne from Swedesboro." He was actually just a white guy, making much of what was said on the air a little racist.

Innes, who was fired Wednesday a few days after this incident became public, did what Innes does — he took things too far, probably, both on Twitter and on his show.

Innes' show in Philadelphia started strong with Tony Bruno as his cohost, but eventually he fell in the ratings behind 97.5 The Fanatic. He was also briefly suspended for calling Eagles center Jason Kelce a "house negro."

Was Innes forced out the door due to the ratings? Was it his tweet on Monday?

Knowing Innes, we'll find out soon. EVAN MACY

Report: Phillies sending scouts to watch Tebow's baseball tryout

Is it a real tryout or just a media spectacle?

EVAN MACY
@evan_macy
evan.macy@metro.us

Being an Eagle wasn't enough — Tim Tebow wants to be a Phillie now too.

At least according to USA Today, which reports that when the former Eagles quarterback and Heisman Trophy Winner holds his baseball "tryout" in Los Angeles next Tuesday. Other sources say a scout is attending just "out of curiosity," but you never know — if Tebow impresses, he could lace up cleats for the Reading Fightins.

Tebow, who led Florida to a pair of national titles in the mid 2000s has not played baseball since his high school days but assures anyone who asks that he is serious about making a new career of it. He hit over .400 back in his teens and says the sport has always been a passion of his.

Can Tim Tebow really make it as a professional baseball player? GETTY IMAGES

He has been working out in Arizona for the past few weeks preparing for the tryout.

Current Phillies relief pitcher David Hernandez expressed outrage to CSN-Philly.com's Jim Salisbury when discussing the idea of Tebow possibly taking the roster spot of a prospect who has spent his entire life pursuing baseball.

"I think it's ridiculous," Hernandez said. "Hats off to him for getting an opportunity, but I just don't think it's very plausible that he'll get anywhere. Nothing against him, but just from the standpoint that getting to the major leagues is a long grind. It's not easy. There's a lot of work that goes into it. It's kind of a slap in the face for him to say, 'I think I'll grab my things and go play pro baseball.' It's not that easy."

Tebow was cut by Chip Kelly and the Eagles just over a year ago despite contemplating that he could make the roster as a third quarterback. Previously, he was a first-round NFL draft pick by the Broncos who he led to a playoff victory. He had unsuccessful stints with the Jets and Patriots before his final NFL preseason with Philadelphia.

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HIGH ON SHARPE, WHITE, DOWN ON LEWIS

The best NFL coaches are constantly making adjustments based on their opponent, personnel and injuries. Fantasy owners need to be doing the same thing.

The rankings we worked so hard on two months ago remain a fine baseline. But we need to be flexible and react quickly to the constant flow of NFL news. Here are three guys whose value has changed the most since training camp opened.

ADAM LEVITAN

FANTASY SPORTS

Adam Levitan is a Fantasy Sports columnist for Metro US. He is also a DraftKings analyst and co-host of The Daily Fantasy Football Edge podcast. @AdamLevitan

Sharpe play

It's extremely rare for fifth-round rookie wide receivers to have any impact at all in Year 1. But Tajae Sharpe is on track toward outlier status. He's been running with the starters since minicamps and has continued to operate as the Titans' best receiver in training camp. With Dorial Green-Beckham gone, there's no longer a question about his first-string status. Sharpe was in on 17 of Marcus Mariota's 21 snaps in the second preseason game, catching six passes during that time. He's now a legit threat to battle Delanie Walker and Rishard Matthews for the team lead in targets.

White is the new Dion

Dion Lewis' complications off his ACL tear have thrown the door wide open for James White. With Lewis sidelined indefinitely, White is the heavy favorite to be the Patriots' passing-down back. That role has produced serious value for much of the Tom Brady era, from Kevin Faulk to Danny Woodhead to Shane Vereen to Lewis. In the final seven games of last season (while Lewis was out), White averaged 5.0 catches per game and scored three touchdowns. He's now a viable mid-round pick in full-PPR formats.

Dion Lewis' injury issues change the complexion of New England's running attack. GETTY IMAGES

Whole lot of Luck

Vontae Davis has been one of the most dominant shadow corners in the NFL over the last few seasons, suffocating receivers on a weekly basis and forcing quarterbacks to look elsewhere. So his recent serious ankle injury is a devastating blow to a Colts defense that now arguably has the least talent in the league. It will be open season for opponents, starting with Matthew Stafford, Golden Tate and Marvin Jones in Week 1. Davis' injury also puts more on the shoulders of Andrew Luck, who has a 33-year-old starting running back and no defensive support. Luck is the favorite to lead the entire NFL in pass attempts this season.

NFL sleepers of the week

Each week, we will identify three players worth taking a shot on late in fantasy drafts:

1. Jared Cook, TE, Packers
Cook is healthy off foot surgery and the Packers are struggling to find a viable No. 3 receiver. Always long on talent, now Cook is also long at quarterback.

2. Will Fuller, WR, Texans
Locked into an every-down role and will see tons of single coverage opposite DeAndre Hopkins.

3. Mohamed Sanu, WR, Falcons
Harry Douglas and Roddy White have succeeded as the No. 2 wideout for Matt Ryan. Sanu and his new $32.5M contract have a great chance do the same at a low cost.

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3rd Row $294/Month

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An errant tee shot won't hurt you much at Jeffersonville. STEVE DAG

Don't be fooled, Jeffersonville Golf Club in Norristown is a really, really nice course.

Pulling up to the old, warn down and antiquated clubhouse and restaurant (which has fantastic food by the way) might make you hesitate. From the first tee through the 18th green, the track holds its own against any in the area.

"The golf course itself is fantastic," PGA professional Michael Housley said. "The problem is our parking lot, our buildings, our bathrooms. We are in the process of trying to do some things about that."

Housley is cautiously optimistic that recent money approved to improve the facilities will yield some results. But in the meantime, he's focused on running the 10th best public golf course in the state — as voted by several golf publications.

"The greens are really small and really undulating and have good speed for them," Housley said of the Donald Ross design. "Usually our greens have speed as good as country club greens.

"With Donald Ross courses it's all about the green surrounds. You have to have some semblance of a short game with the false fronts and the run-offs. It's not so much about the tee shot here. You've got to have some short game."

Not exactly a links course, Jeffersonville is pretty wide open and on most holes, an errant tee shot still gives a player a good chance at making par.

Interestingly, there is some local history buried inside the finely manicured fairways and greens. Literally.

"They did live horse racing here in the late 1800s and early 1900s, thoroughbred horse racing steeplechase," Housley said. "The oval is where the 11th and 16th holes are now. I got a 1942 aerial shot of the golf course which was built in 1931, you can still see the outline of the oval very clearly."

Local knowledge tip: "Trust your yardage on your rangefinder and, with Donald Ross courses, short is always better than long. All 18 holes, if you go over the green you're going to have a lot of problems."

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Johnson says he's suing

Lane Johnson says waiting to find out if he'll be suspended is "like waiting for an execution date." If Johnson's latest samples don't clear his name, he will be out for 10 games and the Eagles offensive line will be greatly weakened. But he claims that what he took should not have set off red flags. "Everything I've taken has been approved by the NFLPA app. That is what every player uses," Johnson said. "If you send it into the trainer of your team, all they do is read the labels, they do not test the products because it cost a lot of money to test each individual product." "I'm going after them." GETTY IMAGES

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- Quick union
- Love relations
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- Gambling and more

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Mitchell Test Strips INC
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We pay the highest prices
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BUYING NICOTINE PATCHES / GUM and Diabetic Test Strips
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Perelman School of Medicine
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We are hiring friendly, motivated, and dedicated people for all positions:

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Can't make it to the Job Fair? You can always fill out an application in the restaurant Mon-Thurs between 2pm-4pm

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Working Days: Mon-Fri
Time Schedule: 11 AM - 2 PM
Minimum Requirement.
Email:averyjones471@yahoo.com

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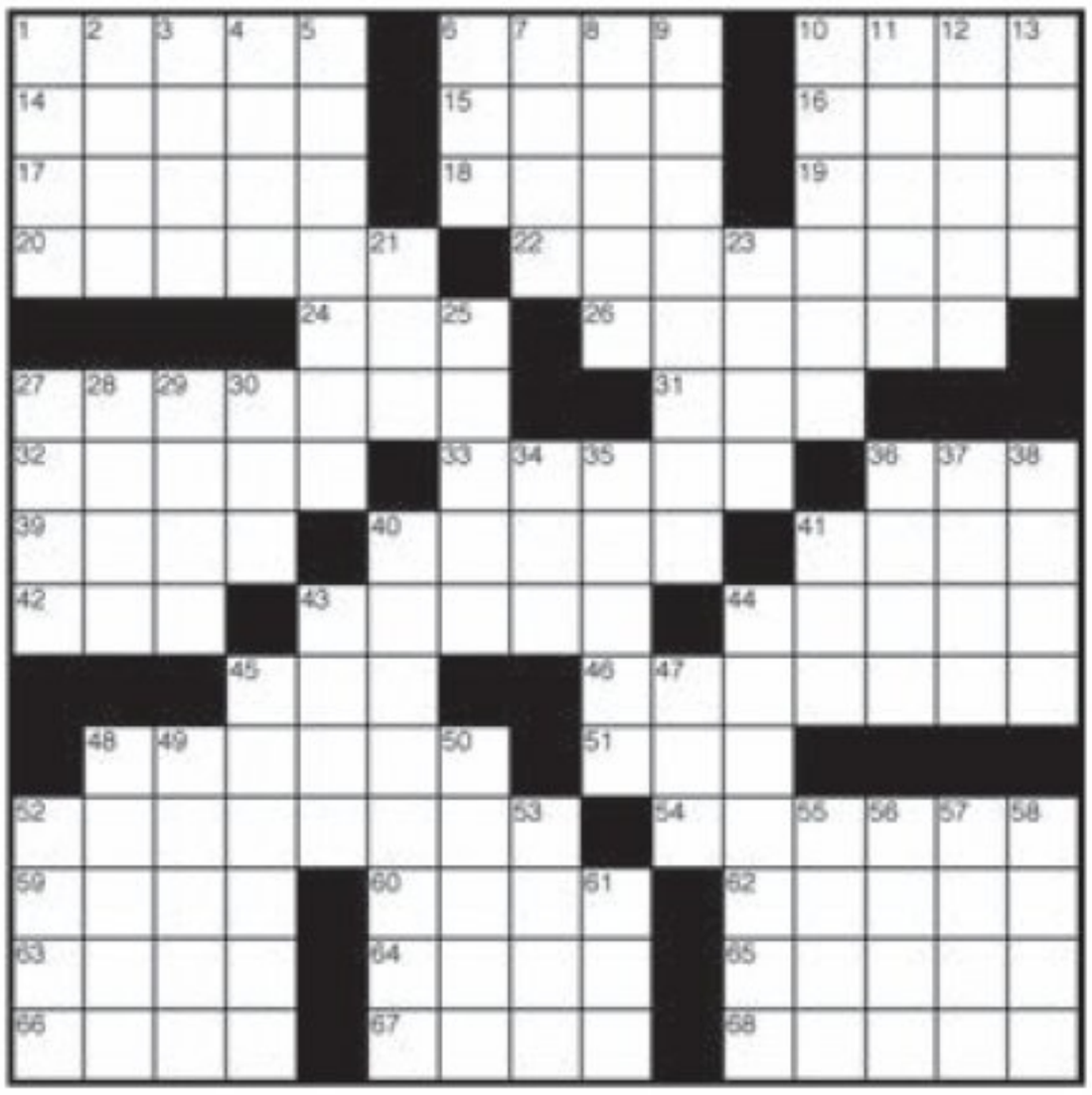

Across

1 Bounded along
6 Vassal
10 Magazine stand
14 Love, Italian style
15 Diva's rendition
16 Post-kindergarten
17 Boast about
18 Astrologers of old
19 Surfeit
20 Main road
22 Allow
24 Unconscious
26 Steak cut (hyph.)
27 Raft book (hyph.)
31 "Mona Lisa" crooner
32 Discrete
33 Hairless comic-strip character
36 Shapely limb
39 Frilly
40 Despots
41 Tokyo's space pgm.
42 Architect's wing
43 Batman's alias
44 More blustery
45 — Diego Chargers
46 Glimmer
48 Holds off for
51 Softball toss
52 Downier
54 Caterwauled
59 Measure of land
60 Food preparer
62 Then and —
63 Macdonald of whodunits
64 Oil job
65 Trace
66 Marshal Dillon
67 "Born Free" feline
68 Warmth of feeling

Down

1 Volcanic flow
2 Sharif of film
3 Mope
4 Urn homophone
5 Motor city
6 "Cheers" bar owner
7 Latin 101 word
8 Severity
9 Weaknesses
10 Kick oneself
11 Ease
12 Mailbox device
13 Toy on a string
21 Hearty laugh
23 Auction site
25 Dither
27 Leafy vegetable
28 Silica mineral
29 Table salt
30 Have a go at
34 Fleming of 007 fame
35 Garbo
36 Stare stupidly
37 Lutz alternative
38 Plain on the moon
40 Hymn of praise
41 Surfing duo — and Dean
43 Very thin model
44 Lasagna cheese
45 Least risky
47 Sardonic
48 Aluminum giant
49 Leipzig link
50 Asian capital
52 Grow wheat
53 Sticks up
55 Hum
56 Let use
57 Reasoner's word
58 Woodlands grazer
61 Big green parrot

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Give $5 to benefit the March of Dimes at Macy's and

SAVE 25%*
all day, all weekend

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*SHOP FOR A CAUSE discount applies to sale, clearance and regular prices, with the exceptions listed. EXTRA 10% off applies to electrics, electronics, watches, furniture, mattresses and rugs/floor coverings. Excludes ALL: cosmetics/fragrances, Deals of the Day, Doorbusters/web busters, Last Act, Macy's Backstage, Everyday Values (EDV), specials, super buys, Breville, Coach, Dyson, Fitbit, Frye, Hanky Panky, KitchenAid Pro Line, Michele watches, Shun, Stuart Weitzman, Le Creuset, Levi's, Locker Room By Lids, Marc Jacobs, Natori, Theory, Wacoal, Wolford, Wüsthof, Sam Edelman, Breitling, Jack Spade, Kate Spade, Samsung watches, Tag Heuer, Tempur-Pedic, The North Face, Tumi, Vitamix, athletic clothing, shoes & accessories; designer jewelry/watches; designer sportswear; gift cards, gourmet foods, jewelry trunk shows, previous purchases, products offered by vendors who operate leased departments in any of our stores including:: Burberry, Gucci, Longchamp, Louis Vuitton, maternity, Nike on Field; restaurants, special orders, services, tech watches, wine. Not valid on macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. Extra savings % applied to reduced prices. Discount valid 8/26/16–8/28/16 only.

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